



**BABY BONDS:**  
TONGUE TIE REVISION INFORMATION  
Melanie Henstrom, IBCLC, BS



## **MEDICAL DISCLAIMER:**

This guide provides an understanding of Tongue Tie and information on Tongue Tie Revisions. Baby Bonds [www.babybonds.us](http://www.babybonds.us) is offered strictly as an educational resource. By using the website, or any webpages or services related thereto, including but not limited to the Skype services or Breastfeeding guide the user agrees that the Website and Services do not constitute medical advice and are not to be construed as giving or receiving medical advice, nor to set up a client/lactation consultant relationship. The Website and Services are not a substitute for appropriate medical care. Please consult with your medical/healthcare provider for medical advice and for specific questions relating to your medical situation. Skype visits and home visits are available but will require a signature on a consent form before private services can be offered.



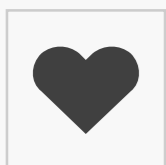
- ♥ Cracked, blistered, bleeding nipples
- ♥ Plugged ducts
- ♥ Discomfort while nursing
- ♥ Thrush
- ♥ Mastitis
- ♥ Compromised milk supply
- ♥ Lipstick shaped nipple after feeding
- ♥ Sleep deprivation because baby isn't able to nurse efficiently

## WHEN BABY HAS A TONGUE TIE

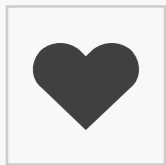




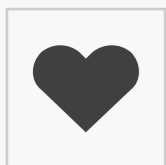
# TONGUE TIE SYMPTOMS



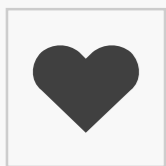
Reflux



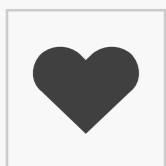
Colic



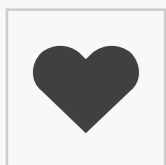
Difficulty latching



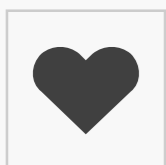
Gassy



Poor weight gain



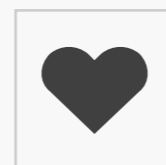
Lip blisters



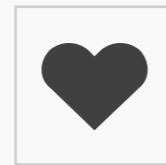
Bubble or cathedral palate



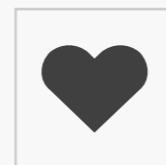
Tongue may be heart shaped



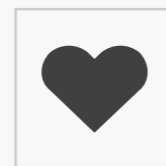
Makes clicking noise while sucking



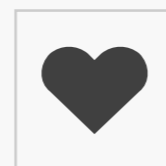
Excessive drooling



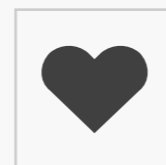
Choking on milk



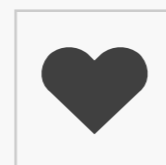
Popping off breast to gasp for air



Frustration at the breast



Prefers bottle feeding



Hypertonic – tight muscles



- ♥ Make sure baby is getting enough
- ♥ Protect mother's supply
- ♥ Find an IBCLC with TT training
- ♥ Research [www.drghaheri.com](http://www.drghaheri.com)
- ♥ Find a provider with good reviews
- ♥ Learn about the aftercare
- ♥ Have pain relief purchased **before** revision
- ♥ Chiropractic and craniosacral therapy is recommended for best results of Tongue Tie release



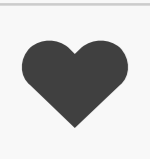
## WHAT TO DO WHEN BABY HAS TONGUE TIE



[Find a Tongue Tie Revision Provider](#)



# WEBSITE LINKS TO INFORMATION



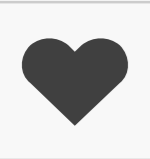
[www.drghaheri.com](http://www.drghaheri.com)



[STUDY ON TONGUE TIE REVISION AND IMPROVEMENT OF BREASTFEEDING](#)



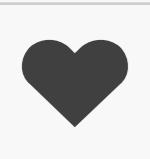
[PURCHASE BREASTFEEDING: A GUIDE TO SUCCESS](#)



[www.babybonds.us/blog](http://www.babybonds.us/blog)



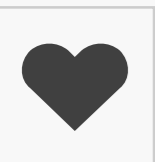
[AFTERCARE VIDEO](#)



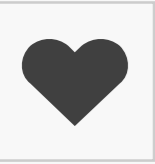
[AFTERCARE INFORMATION](#)



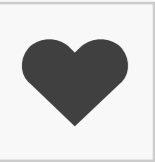
# AFTERCARE PAIN RELIEF



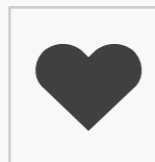
Tylenol



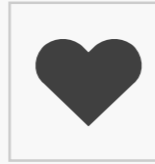
Rescue Remedy for kids



Arnica 30C



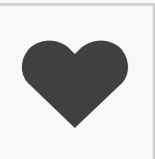
Ibuprofen for 6 months and older



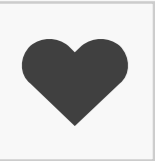
Coconut oil after stretches

Most babies tolerate the procedure and aftercare exercises well. A few seem to have more pain and do much better with Tylenol.

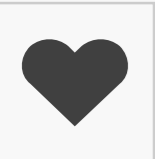
# AVOID REATTACHMENT



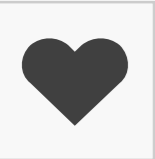
Clip Nails



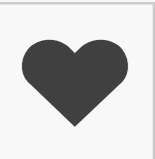
Wash Hands



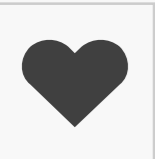
Use latex free powder free gloves



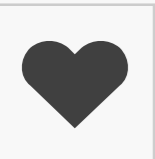
Take a picture with light first day



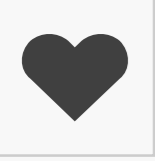
Check daily to make sure wound is staying open



Use gentle but firm pressure to lift tongue to stretch and then rub in wound to avoid reattachment



Use coconut oil AFTER exercises



**MAKE SURE AND HAVE FOLLOW UP APPOINTMENT WITH  
A LACTATION CONSULTANT 3-5 DAYS POST REVISION**





# AFTERCARE EXERCISES

6 times a day

1st day once - skip  
night

3 weeks day and  
night every 4 hours

week 4 do one less  
every day





# AFTERCARE EXERCISES

Trace gum line top and bottom

Tug of war with tongue

Sucking with gentle pull forward with knuckle

Massage cheeks one finger in mouth

Use gentle but firm pressure to lift tongue to stretch and then rub in wound to avoid reattachment

Having some fun exercises help to decrease chance of oral aversion

Use singing and happy voice to distract baby





Baby Bonds

# Rhythmic Movements

These exercises and stretches can help relax muscles, calm baby, and improve breastfeeding.

[www.babybonds.us](http://www.babybonds.us)



[Video of Rhythmic Movements and Stretches](#)



# PRIORITIES WHEN BREASTFEEDING

1. Feed Baby
2. Protect Supply
3. Get Baby to Breast if possible





Skin on skin as much as possible



Babymoon – mom and baby in bed for 2 days



Massage during feeds to increase transfer



Biological breastfeeding for better latch



Try to relax – babies can sense stress



Nose to nipple and tummy to tummy



INCREASE YOUR  
SUCCESS